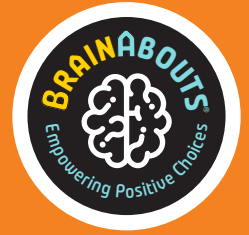
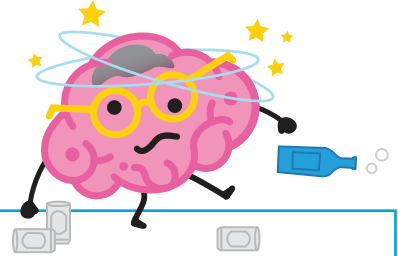


About Alcohol - Level 1 Activity Handout



Video Viewing Guide

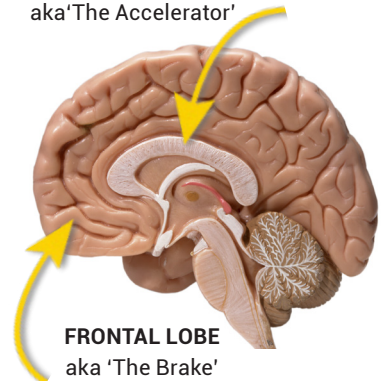
Do Now: Write 1-2 sentences in the box below in response to the question-
How do you think alcohol affects your brain?



Fill In The Blank

1. When young people use alcohol, their frontal lobe _____
for a few hours up to _____ days!
2. Another reason why it is dangerous for young people to use alcohol is
because it can cause the brain to _____ too much.
3. The risk of addiction (increases or decreases) _____ the younger a
person uses alcohol.

LIMBIC SYSTEM
aka 'The Accelerator'



Stop and Think...

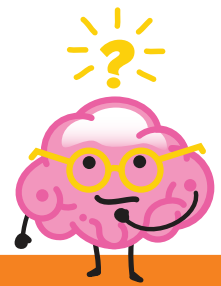
CFU #1 - Why is it bad that alcohol causes your frontal lobe to shut down? What does your frontal lobe help you do?

Stop and Think...

CFU #2 - What is Arrested Development?

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.



Based on the facts presented in the video, give 2 reasons why you believe the legal drinking age for alcohol is 21. What dangers does alcohol pose to your developing brain?

Activity #2 - Group Activity

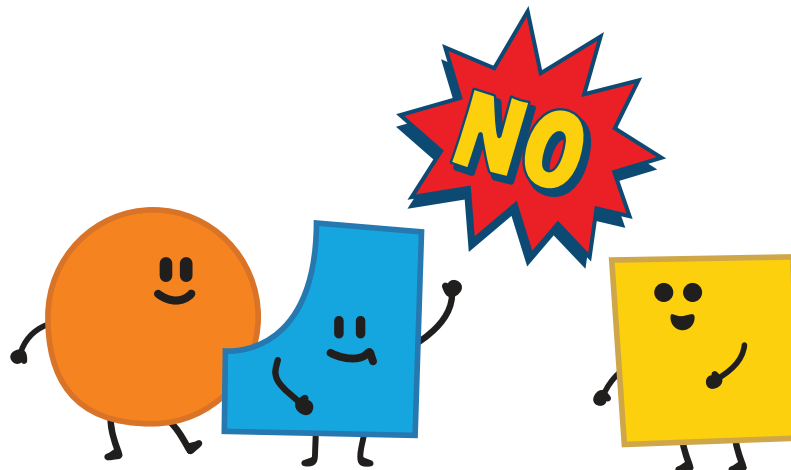
As a class, discuss the following scenario together

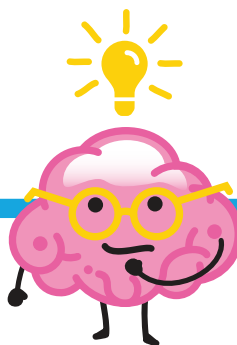
Scenario: Pretend you are hanging out at a friend's house and your friend takes a bottle/can of alcohol out of a cabinet and says they want to drink it with you. You know the risks and do not want to drink it. What can you do?



Activity #3 - Extended Learning

Directions: Using the poster you created during individual time, present your poster to a classmate as a commercial for saying no to consuming alcohol.





Brain Quiz

.....

1. What is the legal drinking age for alcohol in the United States of America?
 - A. 21
 - B. 15
 - C. 8
 - D. 25
2. Alcohol will shut down what part of your brain?
3. After consuming alcohol, your frontal lobe will shut down for how long?
 - A. Never, it doesn't shut down
 - B. A few hours
 - C. Up to 3 day
 - D. B and C
4. What is it called when alcohol shuts down your brain and keeps it from growing?
 - A. Optimal Development
 - B. Metamorphosis
 - C. Arrested Development
 - D. Homeostasis
5. **True or False:** Alcohol causes your body to increase dopamine too quickly, which can lead to addiction.

